



# TO HEAT AT HOME

The Independent Gembrook provides all your favourite dishes to your home.

It's easy, just follow the instructions how to reheat meals.

Sit back, relax and enjoy.

Place your order by 4pm for next scheduled delivery day, alternatively you can collect from the restaurant  
Thursday to Sunday from 11am to 8pm.

**Deliveries will take place from 11am-4pm. We may be unable to deliver at the time you select when ordering.**

Orders will be contactless. Deliveries will be dropped to your door. Pick ups are to be collected from the restaurant.

**PICK UP AVAILABILITY:** Thursday to Sunday from 11am to 8pm. (please request if you require an alternate time).

Free delivery available to the following suburbs Thursday to Sunday:

**\*\*ORDERS MUST BE PLACED BY PHONING THE RESTAURANT THU-SUN 11am -8pm:**

Avonsleigh

Cockatoo

Emerald

Gembrook

Macclesfield

Mount Burnett and

Nar Nar Goon North

**DELIVERY AVAILABILITY - \$15 DELIVERY FEE**

**\*FREE DELIVERY FOR ORDERS OF \$100 AND OVER TO THE FOLLOWING SUBURBS THURSDAY TO SUNDAY:**

Beaconsfield

Beaconsfield Upper

Belgrave

Belgrave Heights

Belgrave South

Berwick

Clematis

Dewhurst

Guy's Hill

Hoddles Creek

Kallista

Launching place

Menzies Creek

Monbulk

Mount Dandenong

Nangana

Officer

Officer South

Olinda

Pakenham

Pakenham Upper

Pakenham South

Sassafras

Selby

Tecoma

The Patch

Upwey

Woori Yallock

Yellingbo

## FURTHER INFORMATION:

-Please make note of any dietary requirements upon ordering. Menu items may contain or come into contact with wheat, egg, dairy, all nuts and other allergens.

-Dietaries that can be catered for are Vegetarian, Vegan, Dairy Free and Gluten Free.

-Photo ID is required upon delivery or pick up with orders including alcoholic beverages.

-Alternations to menu are unavailable.

-Menu is subject to change due to produce availability.

-Contents of this flyer are subject to change.

Order and pay online [www.theindependentgembrook.com.au](http://www.theindependentgembrook.com.au)

Phone THU - SUN 11am -8pm 03 5968 1110. [hola@theindependentgembrook.com.au](mailto:hola@theindependentgembrook.com.au)

79 Main Street Gembrook, Vic, AU, 3783

# SERVING / REHEATING INSTRUCTIONS

*Meals with condiments will have matching colour coded stickers.*



## BREAD

Warm in hot oven for 4-5 minutes. Serve with dip.

\*This item is best consumed on the day order is collected. \*The bread is not Gluten Free.

## EMPANADAS / SOUTH AMERICAN PASTIE

**CARNE** / BEEF EMPANADA – Beef, egg, olive

**ATUN** / TUNA EMPANADA – Tuna, capsicum, egg, olive

**PAPA** / POTATO EMPANADA – Potato, caramelized onion, coconut cheese, olive (VE)

Pre-heat oven to 200°C. Remove from packaging. Place on a non-stick tray or tray with baking paper. Warm up until pastry is crispy. (Approx. 5 – 10 mins). Serve with salsa. \*This item can be frozen for up to 30 days.

## PALMITO / PALM HEART, CAULIFLOWER, CASHEWS, LECHE DE TIGRE (VE)(GF)

Remove from packaging and place into a bowl, add nuts and mix well. Serve with cassava crackers.

## VIEIRAS LIME CURED SCALLOPS

SHALLOTS, GREEN CHILLI, SPICED SALT, ALMONDS (GF)(DF)

Remove from packaging and place into a bowl then add dressing, nuts and a small pinch of salt, mix well. Serve with cassava crackers.

## CHORIZO, PRUNE PUREE, CHIMICHURRI (DF)(GF)

Pre-heat oven to 200°C. Remove from packaging and place onto a non-stick tray or a tray with baking paper. Heat until core temp is over 68°C or cut in half and check if chorizo is very hot inside (approx. 10 – 15 mins). Toss the chorizo in the chimichurri in a small mixing bowl. Smooth the prune puree on a plate and serve the chorizo on top with the chimichurri.

\*This item can be frozen for up to 30 days.

## CALAMAR / , CRISPY CALAMARI, HUMMUS, CUCUMBER, AIOLI (DF)(GF)

Pre-heat oven to 200°C. Place calamari onto a non-stick tray or a tray. Heat until core temp very hot. Check by cutting pieces in half and check if calamari is very hot to touch (approx. 8– 10 mins). Serve with other ingredients provided. \*This item is not recommended to be frozen as it has been rolled in flours which may affect the quality of the dish after thawing. Item is recommended to be consumed within two days of purchase.

## POLLO / CHICKEN PICCATA, HERB BUTTER, LETTUCE (GF)

Pre-heat oven to 200°C. Remove from packaging. Place chicken on a non-stick tray or a tray with baking paper. Cook until golden in color for 5 mins, flip over and cook for a further 7 mins. Make an incision with the tip of a knife looking for a clear juice or core temp to be at least 68°C. Place butter on top of the chicken, cook for a further 2 mins. For lettuce, follow instructions provided. \*This item can be frozen for up to 30 days.

## CORDERO / LAMB SHOULDER, CARROTS, SPICED YOGHURT (DFA)(GF)

Pre-heat oven to 170°C. Get an oven proof deep tray. Open bag and remove net, saving all the liquids. Place lamb, all juices and 200 ml water in the tray. Cover with foil and heat for 30 mins. Increase oven temperature to 200°C. Remove foil, from tray and return to oven basting every 5 mins for at least 20 mins. Lamb shoulder should be at least 68°C inside, with a nice brown golden crust. Remove from tray and serve with spiced yoghurt on the side. For carrots: follow instructions provided.

Tip= Strain off the juices from the tray, serve as a gravy. \*This item can be frozen for up to 30 days.

## CASARECCE / PASTA, MUSHROOM RAGU (VEA)

STOVETOP- Place pasta in a pot, add a little water if necessary. Stir to avoid catching the bottom to prevent burning.

MICROWAVE- Reheat in a microwave as per manufacture directions.

Drizzle with olive oil before serving and grate cheese on top. \*This item can be frozen for up to 30 days.

## **MEJILLA DE VACA / BEEF CHEEKS, POTATO, PEAS (DF)(GF)**

Remove from packaging. Place beef stew in a pot, add a little water if necessary. Cover pot with a lid and heat for 5 mins. Stir to avoid catching the bottom of the pot to prevent burning. Remove lid and reduce to a low heat. Simmer until the core temperature of the beef is at least 68°C. Warm vegetables provided.

Tip= Reheat in a microwave as per manufacture directions. \*This item can be frozen for up to 30 days.

## **ÑOQUI / RICOTTA GNOCCHI, CHICKEN STEW, PARMESAN**

STOVETOP- Place in a pot, add a little water if necessary. Warm up slowly until hot, stir carefully as gnocchi is very delicate. Drizzle with olive oil or add a tablespoon of butter before serving. Grate cheese on top.

Suggestion= Due to the gnocchi being so delicate you can heat in a microwave as per manufacture directions.

\*This item can be frozen for up to 30 days.

## **HUMITA / PUMPKIN AND SWEETCORN STEW (VE)(GF)**

Place stew in a pot, add a little water if necessary. Simmer for 5 mins. Stir to avoid catching the bottom of the pot to prevent burning. Reduce flame to low, keep stirring until hot. To finish sprinkle the caramelized pumpkin seeds on top.

Tip= Reheat in a microwave as per manufacture directions. \*This item can be frozen for up to 30 days.

## **PAPAS / ROASTED POTATO, GARLIC, PARSLEY (VEA)(GF)**

Pre-heat oven to 200°C. Place potatoes onto a non-stick tray or on a tray with baking paper. Roast until golden in colour and hot on the inside. Remove potatoes from the oven, and place in a mixing bowl. Stir in the garlic and herb butter over the potatoes. Return potatoes to the oven on the tray for a further 5 minutes, or until potatoes have melted the butter onto the potatoes.

## **ZANAHORIA / SMOKED MAPLE CARROT, CHILLI, CORIANDER, PEANUTS (GF)(VE)**

Pre-heat oven to 200°C. Place carrots onto a non-stick tray or on a tray with baking paper. Roast until the carrots are hot in the center. (Approx 10 mins). Remove the carrots from the oven and place into a bowl. Stir in the dressing (this is the green liquid that is in a small plastic container). Add nuts, add salt to taste, mix well.

## **REMOLACHA / BEETROOT, PINE NUTS, ALMONDS, YOGHURT (VEA)(GF)**

Place beetroot into a bowl. Drizzle with olive oil and one teaspoon of any good quality vinegar. Mix well. To assemble: spread the beetroot puree onto the plate, place beetroot pieces on top, dollop with CHOBANI yoghurt. Sprinkle with pine nuts and spiced almond salt.

## **LECHUGA / LETTUCE, MUSTARD DRESSING, PYENGANA CHEDDAR (DF)(GF)**

Place lettuce into a bowl. Drizzle the dressing over the lettuce. Top with cheese.

## **DONUTS / DOUGHNUTS (V)**

Pre-heat oven to 120°C. Place doughnuts onto a non-stick tray or on a tray with baking paper. Reheat until the doughnuts are soft and warm. (Approx 10 mins). Remove the doughnuts from the oven and place into a heatproof bowl. Dust doughnuts with the cinnamon sugar mix. Serve with dulce de leche sauce. \*This item can be frozen for up to 30 days.

## **HELADO / GIPPSLAND DAIRY VANILLA YOGHURT ICE CREAM (V)(GF)**

\*This item can be frozen for up to 30 days.

## **HELADO / DULCE DE LECHE ICE CREAM (V)(GF)** \*This item can be frozen for up to 30 days.

## **SORBETE / COCONUT SORBET (VE)(GF)** \*This item can be frozen for up to 30 days.

**Menu items may contain or come into contact with wheat, egg, dairy, all nuts and other allergens. Please inform us of any dietary requirements when placing your order.**

**Thank you for supporting us!**

Each order enters into a draw to win a dinner for two at home. Winner will be notified at the beginning of the following month.

# HOT FOOD TAKE AWAY

**THU – FRI 5pm - 8pm**

**SAT - SUN 12pm – 8pm**

Pick up from the restaurant – 79 Main Street Gembrook, Vic, AU

## EMPANADAS / SOUTH AMERICAN PASTIE (ALL SERVED WITH YASGUA)

CARNE	Beef empanada	Beef, egg, olive	6.5
ATUN	Tuna empanada	Tuna, capsicum, egg, olive	6.5
PAPA	Potato empanada	Potato, caramelized onion, coconut cheese, olive (VE)	6.5

## PICADA / TO PICK AT

PALMITO	Palm heart, cauliflower, cashews, leche de tigre (VE)(GF)	14
VIEIRAS	Lime cured scallops, shallots, green chilli, spiced salt (GF)(DF)	22
CHORIZO	Grilled chorizo (two), prune puree, chimichurri (DF)(GF)	12
CALAMAR	Crispy calamari, hummus, cucumber, aioli (DF)(GF)	24

## MAS GRANDE / SOMETHING BIGGER

POLLO	Chicken piccata (two breasts), herb butter, lettuce (GF)	38
CORDERO	Boneless lamb shoulder (1.2kg), carrots, spiced yoghurt (DFA)(GF)	74
CASARECCE	House made pasta, mushroom ragù (VEA)	28
MEJILLA DE VACA	Braised beef cheeks (three), potato, peas (DF)(GF)	45
ÑOQUI	Ricotta gnocchi, chicken stew, parmesan	31

## HUERTA / GARDEN

HUMITA	Roasted pumpkin and sweetcorn stew (VE)(GF)	19
PAPAS	Roasted potato, garlic, parsley (VEA)(GF)	13
ZANAHORIA	Smoked maple carrot, chilli, coriander, peanuts (GF)(VE)	17
REMOLACHA	Roasted beetroot, pine nuts, yoghurt (VEA) (GF)	19
LECHUGA	Lettuce, mustard dressing, pyengana cheddar (DF)(GF)	13

## POSTRES / DESSERTS

DONUTS	Cinnamon doughnuts (four), dulce de leche (V)	14
HELADO	House made GIPPSLAND DAIRY vanilla yoghurt ice cream – 710 ml (V)(GF)	15
HELADO	House made dulce de leche ice cream – 710 ml (V)(GF)	15
SORBETE	House made coconut sorbet - 710 ml (VE)(GF)	20

(GF) gluten free    (DF) dairy free    (DFA) dairy free adaptable    (V) vegetarian    (VE) vegan    (VEA) vegan adaptable